

Outline - Prepared Presentation 1

BUSM 1500 Business Presentation Skills

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Speech Topic:	Progressive mindset

Objective

What do you want your audience to think or do at the end of your presentation?

Hopefully resonate with some of the values I present consider exercising regularly, find a hobby they feel passionate about, and commit more time into pursuing their career goal.

Event

What is the context of your presentation? What's the event? You can be creative.

In a classroom.

Audience

Who is your audience? What do they want to hear? Why should they listen?

It doesn't need to be accurate or factual – it can be invented / created.

Students who are struggling to find a direction in life. I believe what I have to say is not strictly subjective for students who are lost, but also for students that are going through a hard time outside of school or career related things. I believe overcoming hard times involves strong mindset(Why behind your actions and motives) and making progress in your personal life and career to slowly build up self esteem and confidence in belief you are becoming a better person.

STRUCTURE OF PRESENTATION

Introduction

Grabber: Use a creative and relevant hook for your thesis.

There is an old saying in Korea “stagnant water is bound to corrupt”. Have you ever experienced a time when you feel lethargic and felt like a stagnant water?

Thesis: Be clear and specific in stating your thesis.

Progressive mindset is to commit and focus on achievements through regularly done practices through setting an internal goal, such as studying everyday, and exercise set number of days per week.

Overview: Briefly summarize your 3 supporting points.

Key points to this presentation are to make progression in life through challenging yourself and commit your time and effort to succeed on those challenges continuously. Key points will be broken down in to following main points:

- 1. Regular Exercises**
- 2. Keeping yourself busy (Finding a productive hobby)**
- 3. Commit set amount of time per day to work towards your career path**

BODY

Key Point #1: Describe your first supporting point using research, data, statistics, and examples to prove your thesis.

Going to the gym lifting heavy weights and training to get better is the most helpful, yet one-dimensional example of progressive mindset. Exercising with a set goal aligns with the fundamentals of progressive mindset in a lot of ways. Body building for an example, you should be aiming to lift heavier weights or lift weights with more reps to achieve your goal. This not only helps you enhance your endurance mentally and physically, your body releases chemicals such as endorphins, serotonin, and dopamine which interact with the receptors in your brain triggering a positive feeling in the body. Regular exercise is the best first step for getting in the habit of progressive mindset.

Key Point #2: Describe your second supporting point using research, data, statistics, and examples to prove your thesis.

Everyone needs a place in mind where they can exert their energies, and sometimes exercising alone can be not enough. A lot of people get by their free time by reading, playing video games, playing sports, and substance usage; but there still are a large group of people that does not have a hobby. Hobby is very important as it can be a way to relieve your stress and by regularly practicing an activity, you are making progress in something you feel passionate about. Study from San Francisco found that people who often engaged in a creative activity scored 15-30 percent higher on performance rankings.

Key Point #3: Describe your third supporting point using research, data, statistics, and examples to prove your thesis.

Studies show people can only stay focused during their studies for no longer than an hour and a half before taking a short break. Studies also show that 6 to 7 hours a day of studying is the most effective hours, and it is important to spend your studying time efficiently. Setting an internal goal of studying manageable number of hours per day will get you in to a habit of studying.

CONCLUSION

Summary: Briefly summarize your 3 supporting points.

Making progress in life through committing your time on improving yourself by exercising regularly, keeping yourself busy with hobbies you are passionate about, and working towards your career goal will bring value and energy to your life.

Conclusion: Highlight key points of the presentation while giving a lasting impression.

The whole purpose of “Progressive mindset” is to slowly make a difference in you through discipline, time management, and executing your plans according to your plan. In this presentation, we talked about the benefits of progressive mindset and ways to control and relieve your stress in the process. It’s time for you to stick to your plans and achieve your goals.